

Flor Montero: Avoiding the scars: Your guide to coping with vicarious trauma when interpreting

Disclaimer: This session provides guidelines and help with general trauma resulting from interpreting assignments. For personalized help, please consult a therapist.

Reflection

Have you identified any of the symptoms of vicarious trauma? How have you coped with them before?

Resources

If you're interested in learning more, the following books may be helpful.



References

Here are some references to help you explore further.

[Vicarious Trauma & Professional Interpreters](#)
[Attachment Theory Simplified: The 4 Styles](#)

Take Action!

Do this exercise as often as you need it! Save the link so you can access it as many times as you want.

[Self Assessment and Exercise](#)

To book a personalized session, please email interpretemontero@gmail.com.



